

A GRIPPING NEW SERIAL—HEALTHFUL MEALS FOR FALL—RESULTS FROM SCHOOL—CYNTHIA

VARIED WAYS TO MAKE COLESLAW; MRS. WILSON GIVES GOOD RECIPES

And Suggests Serving This Appetizing Dish to Have Variety in the Necessary Green Foods

The Health of the Family Depends on Sufficient Celery, Romain, Watercress, etc.

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THE human body demands, to maintain itself and be efficient, mineral salts which are found in the various foods.

Now as cold weather draws close, madam, the housewife, feels that to include in the menu such foods as cabbage, celery, lettuce, romain and endive, parsley, watercress, both red and green peppers, served raw in the form of a salad, means an additional expense.

But today the physicians, one and all, regardless of their schools, will agree that it is the food you eat that makes for health.

Many folk spend the best part of their lives in misery. Frequently they blame the physician for their own careless and indifferent habits of eating.

Just to have variety in the green or preventive foods serve cabbage as follows:

Shred a medium-sized head of cabbage in a bowl. Add one cup onion, grated. Two green peppers, chopped fine. Four branches of parsley, chopped fine.

Hot Slaw Shred one head of cabbage fine and place in water to crisp. Now place in a saucepan

English Slaw Shred five one head of cabbage. Place in water to crisp. Now place in a saucepan

Fancy Coleslaw Shred five one head of cabbage, one stalk of celery, two green peppers, one small onion.

Creamed Cabbage Shred and chop fine one head of cabbage, three green peppers.

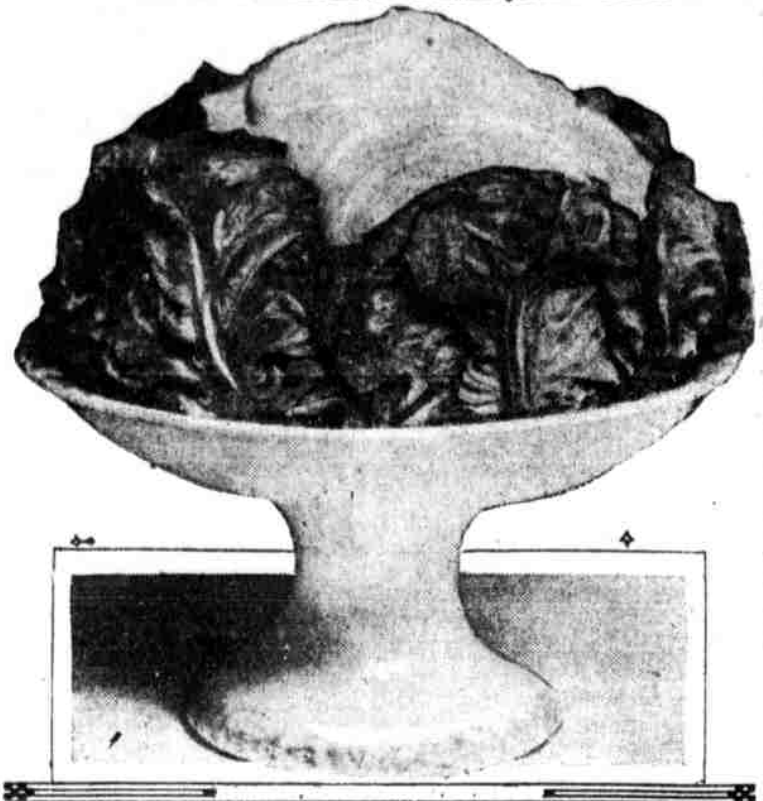
Mayonnaise Dressing Place in a soup plate yolk of one egg.

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SERVE SALADS FREQUENTLY



Physicians are agreed that it is the food we eat that makes for health. No housewife ought to listen to the temptation to save on the table in the fall and winter by omitting salads. They are just as necessary then as at any other time.

Four tablespoons of evaporated milk, Four tablespoons of vinegar. Beat until thin and creamy, and then add

Cooked Sour Cream Dressing Place in a saucepan Three-quarters cup of sour cream, One-quarter cup of vinegar.

One well-beaten egg, Four tablespoons of salad oil, Two teaspoons of salt.

One teaspoon of paprika, One teaspoon of mustard, One tablespoon of sugar.

Stir egg and oil and seasoning together to blend before adding to the sour cream mixture. Then beat well, remove from the fire and cool.

One-half cup of vinegar, One-half cup of water, Four tablespoons of cornstarch.

One teaspoon of salt, One teaspoon of paprika, One tablespoon of sugar.

Beat hard to mix and then heat to the boiling point. Then drain the slaw well. Place in a bowl and pour over the dressing. Serve hot.

Beat well to thoroughly mix, and then drain the cabbage well and add two tablespoons of mustard seed.

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Mrs. Wilson Answers Queries

No. 1172 My dear Mrs. Wilson—Would appreciate it very much if you could give me directions how to make Boston baked beans and also potato salad, and oblige.

Boston Baked Beans Soak one pint of beans in plenty of cold water over night and in the morning carefully wash, and place in a saucepan and cover with cold water.

One-half pound of salt pork cut in two-inch blocks, One cup of stewed tomatoes, rubbed through a sieve.

One onion, chopped fine, One-half teaspoon of pepper, One-quarter teaspoon of mustard.

Mix well and then add sufficient water to cover. Bake in a moderate oven for three hours.

Potato Salad Dice cold-boiled potatoes. To one pint of potatoes add

One onion, grated, One green pepper, chopped fine, Two tablespoons of finely minced parsley.

One-half cup of mayonnaise dressing, Four tablespoons of vinegar, One teaspoon of salt.

One-quarter teaspoon of mustard, Toss to thoroughly mix and then turn on a nest of lettuce.

Tea Cakes Scald one cup of milk and then cool to 72 degrees Fahrenheit, and then add

One-half cup of water, Four tablespoons of sugar, One-half yeast cake crumbled in the water.

Stir to thoroughly mix and add to the milk. Stir again to blend and beat three cups of flour to make a stiff sponge.

Three-fourths cup of sugar, One-half cup of shortening, Cream well and add

Two well-beaten eggs, Two teaspoons of salt, When light and creamy add to the sponge, beating well.

Heat to the boiling point, cool and use. Then dust the buns with sugar; currants, citron or raisins may be added.

IF YOU LOVE Flour you should be interested in THE CENTURY FLOWER SHOP

12th Below Chestnut St.

The Testing of Julia Grant

By HAZEL DEVO BATCHELOR

THIS STORY BEGINS TODAY

TONIGHT she must learn the truth, things simply could not go on like this any longer. For days she had thought of nothing else but Dan's growing indifference.

Julia Grant stood before the mirror in her bedroom staring into it without seeing her features. It was a fairly good-sized room on the top floor of the old-fashioned three floor and basement brownstone house.

The door opened suddenly and Lucy burst in. She was a feather-headed little thing, the exact opposite of Julia. Her lightish hair was frizzed around her small face, which was shaped like Julia's, but was not quite so fine.

HAZEL DEVO BATCHELOR has written a splendid and unusual story in the serial that begins on the Woman's Page today. It is a gripping story of real, living characters, and a plot that turns in amazing and unexpected fashion.

little thing, the exact opposite of Julia. Her lightish hair was frizzed around her small face, which was shaped like Julia's, but was not quite so fine.

The halls were unlighted and the stairs were very dark. As Julia reached the second floor, a door was suddenly opened and her mother looked out.

Julia tried to control the quiver in her voice and the misgiving in her heart as she replied: "Of course, mother."

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Please Tell Me What to Do

By CYNTHIA

MOTHERS ARE RIGHT Dear Cynthia—Our mothers object to our going out in the evening.

ANXIOUS SCHOOL GIRLS Your mothers are quite right, my dear. Little girls of thirteen and fourteen should not be going out in the evenings unless they are with their parents or older persons.

The Girls Pass Him Up Dear Cynthia—I've never written you before, so spare me some space.

Another Letter, Anxious! Dear Cynthia—I would like to answer "Anxious's" letter.

Can This Be Love? Dear Cynthia—I read in the EVENING PUBLIC LEDGER of September 17 the letter of Quentin McL.

Dear Cynthia—I have been reading your column for some time and read

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MOTHERS AND TEACHERS OUGHT TO DO TEAMWORK

A Child Gets His Idea of the Value of School at Home—See That It Is the Right One

SCHOOLS may or may not be fulfilling their mission in life, but there is one thing certain. There is no royal route to knowledge for children any more than there is for grown-ups.

It is up to parents to see that their children do study and take the proper interest in their lessons.

One of the best ways to see that a child does not take the proper interest in lessons is to allow the teacher to be talked about disparagingly at home.

with interest a letter signed "A Boy From the Heart of Maryland," in which he said he had a very good time with the girls of Philadelphia.

These girls would do a good thing for themselves if they would wake up and take an interest in something else aside from fellows and let them roam around by themselves until they, too, wake up.

Hope the Willie Boys will read your letter, Mary, and profit by your words.

Shall She Ask Boy? My dear Cynthia—Will you kindly

Where Cooking Movies Are Shown This Week THE cooking movies in which Mrs. M. A. Wilson shows how to bake tasty delicacies are shown as follows:

Charlotte Russe (Six for twenty-five cents) Monday, Tuesday and Wednesday, Colonial, Camden.

Lebanon Crumb Cake (Six servings for twenty cents) At the Strand in Camden all week.

Queen Victoria Sponge Cake Thursday, Friday and Saturday, Lincoln, Forty-ninth street and Woodland avenue.

Cuticura is Good for Hair and Scalp Troubles Shampoo With Cuticura Soap

The Fur & Millinery Shop, Inc. 1423 Walnut Street

Individual Style Conceptions That Express Personality

FURS HATS WAISTS CLOTH AND SILK TOP COATS SILK AND WOOL SWEATERS NOVELTY BAGS

EMMA HARTMAN 1502 WALNUT STREET ANNOUNCES

FALL AND WINTER GOWNS WRAPS COATS HATS TAILLEURS

EXCLUSIVE ADAPTATIONS

Adventures With a Purse

I HAVE never been particularly in sympathy with the little girl who mother makes her wear as a reward

There are two reasons why it is inadvisable to play cards on your best mahogany table without putting a cover on it.

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Beautiful the Complexion

IN TEN DAYS Nadinola CREAM The Unequaled Beautifier Used and Endorsed By Thousands

Guaranteed to remove tan, freckles, pimples, liver-spots, etc. Extreme cases 20 days. Rids pores and tissues of impurities.

Leaves the skin clear, soft, healthy. At leading toilet counters. If they haven't it, by mail, two sizes, 60c. and \$1.20.

NATIONAL TOILET CO., Paris, Tenn. Sold by Jacob Bros., 1915 Chestnut St., and other toilet counters.



Great Actress Tells How to Use Face Powder

When questioned about the use of Face Powder, Sarah Bernhardt declared: "It is a necessity—this powder, but use it properly by dusting the face thickly, then rubbing it in with the finger tips."

Out of hundreds of powders subjected to tests in more than half the beauty shops this verdict has been received: For all purposes

MARINELLO Powder is Best because it is so fine-grained that it clings to the skin, does not show, and comes in all desirable shades.

At Drug and Department Stores

fruity flavored POMPEIAN OLIVE OIL

"always fresh"

Serve It With All Your Salads

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